



Live the Questions

A Journey
with
Francis &
Clare

September 1-7,
2019

Journeys to Assisi
Paul Kimmerling

“Live the Questions” is an immersion experience in Assisi, Italy - a unique opportunity to contemplate your spiritual path in companionship with Saints Francis and Clare. The retreat highlights their life events and writings, explored through morning talks and questions for contemplation, such as:

*“Where do we turn during the ‘in-between’ times
of personal transition?”*

“How might attachments block our spiritual development?”

After each morning talk, we visit specific sacred sites that correspond to that day’s reflections. Then, we enjoy lunch at selected local restaurants. By the end of the retreat, you will have seen the glorious landmarks of Assisi, gained a deeper understanding of the spirituality of Francis and Clare, and perhaps received new insights about your own spiritual journey.

We start with dinner and orientation on Sunday evening. During the week, we gather for our talks and walks. Afternoons are unscheduled, affording ample time for introspection, or further exploration of this remarkable medieval city. In the early evenings, we gather for group reflections.

On Wednesday, we take a mid-week break. I can provide suggestions for activities, near and far, depending on your interests. Yoga and massage can be arranged. You can hike locally or make trips to neighboring cities like Spello or Perugia.

	SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
MORNING		Breakfast: 8-9 Gather: 9-10 Visit: <ul style="list-style-type: none"> • Santa Chiara • Bishop's Palace • S. M. Maggiore 	Breakfast: 8-9 Gather: 9-10 Visit: <ul style="list-style-type: none"> • San Damiano • San Rufino 	Breakfast: 8-9 FREE DAY	Breakfast: 8-9 Gather: 9-10 Visit: <ul style="list-style-type: none"> • S. Maria degli Angeli (Porziuncola) 	Breakfast: 8-9 Gather: 9-10 Visit: <ul style="list-style-type: none"> • Basilica of San Francesco 	Breakfast: 8-9 CHECK-OUT 10:30
AFTERNOON	ARRIVAL IN ASSISI; CHECK-IN AT GUESTHOUSE	Group Lunch	Group Lunch	FREE DAY	Group Lunch	Group Lunch	
EVENING	GROUP DINNER AT GUESTHOUSE; PROGRAM ORIENTATION	5:30-6:30 Facilitated group reflection	5:30-6:30 Facilitated group reflection	FREE DAY	5:30-6:30 Facilitated group reflection	5:30-6:30 Facilitated group reflection Closing Dinner	

Expenses: Live the Questions, September 2019

Fixed Costs

- Single room (1 person, 1 bed, incl bath) **US 1,600.00** per person, per room, single occupancy
- Double room (2 persons, 2 beds, incl bath) **US 1,475.00** per person, per room, double occupancy

The above fixed costs include:

- 6 nights in Assisi
- Breakfast each morning at the hotel; dinner on the first and last nights
- Local transportation within Assisi
- Morning and evening talks/group reflections
- Supplies (Assisi Guidebook; detailed information for our site visits; notebook and pen)
- Visits to the major spiritual landmarks (as above)

NOTE: A minimum of 5 people is required for the pricing above. A group of 3-4 people will enjoy a highly personalized experience for an additional \$500.00 pp. An individual session of spiritual direction is included for each participant in groups of this smaller size.

Discretionary Costs

The following are not included in the Fixed Costs, above:

- Air travel
- Ground transportation to/from Assisi
- Lunches and dinners (aside from first/last night dinners)

Your Retreat Leader Paul Kimmerling is a workshop/retreat leader, spiritual director (certificate 2011, Haden Institute) and ordained minister (American Marriage Ministries). He offers individual and group guidance using a blend of wisdom and practices from several traditions - Christian, 12-Step and Eastern. Though affiliated with the Episcopal Church, he works with those from various faith traditions, and those with none. Paul is not a travel agent or a tour guide.